

FIND
YOUR
STORY

Everyday

D A I L Y J O U R N A L

TRACEYLYNNRUSSELL.COM

Everyone has a story to share, and girl, that means you!

Have you ever heard someone's story and thought, that's exactly what I needed to hear? Your message can influence and inspire others toward hope. Somehow, we've lost the art of telling our personal stories to each other. Your story has the power to heal and create a connection to a "God Message" that is far beyond any internet connection. It is my greatest desire that this journal will give you the tools to help you start sharing your personal story from your heart with people that want to listen. You may not realize that people want to learn something new about you and hear what you have to say. Your story does not need to be fancy or complicated, it just needs to come from you.

Connect with Reflection:

Deuteronomy 4:9 (New Living Translation)

"Be careful never to forget what you yourself have seen. Do not let these memories escape from your mind as long as you live! And be sure to pass them on to your children and grandchildren."

We greatly underestimate the value of our life experiences. One of the most important practices we can develop is the skill of *daily* reflection: the ability to look back, look inside and look forward with what we have learned from past experience. When practiced, this skill can extract valuable wisdom for ourselves and for others. We are called to recall memories and to pass those on to our family members. A story is one of the most powerful ways to offer our life experiences in a way that the brain can receive and remember. Our minds are hardwired to become engaged in the personal stories told to us.

Every day has moments and memories that are unique to your individual life. It's not about having an unusual experience or a dramatic moment. Think of all the stories and connections to your experiences: childhood, parenting, family, work, church, marriage, kids, jobs, friends. In these memories, we can find "God Messages" that connect the truth of the Bible to what we have learned. Most of those connections come from the ways we have struggled, slipped or failed and then found the hope we needed to get back on the right path. Our darkest moments can be the stories that offer the greatest hope to those still in the darkness.

Your words can make a lasting impression in someone else's heart and mind. Will fear and insecurity keep these stories locked in your heart? We must not lose this precious opportunity to express what God has done in our lives. This journal is created to help give you both the courage to be seen and the inspiration to be heard. It's important to make intentional time in our lives to create the messages that will speak long after we are gone.

So let's get started practicing - If you have any questions, go to traceyllynnrussell.com and listen to my Minute Podcasts to hear The Heart of the Story.

FIND YOUR STORY

Everyday

Dear World-changer (yes that's you),

Are you ready to start finding a story in your every day life? It's so simple!

The easiest way to find a story every day is in the art of awareness and reflection. So here is an easy way to increase your daily awareness and begin to make meaningful connections to your moments.

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- 1 Print out the five minute daily story planner.
- 2 Begin to notice and become aware of the moments in your day, especially the moments that don't go according to plan or seem to be something unexpected. For example, Did someone compliment you out of the blue? Did a neighbor say hi? Did you have an answer to prayer? Did something go wrong and suddenly you remembered something helpful? Whatever it is, make a mental note of the experience.
- 3 Before bed, get out your printed copy of the Story Journal and grab a pen to start recording.
- 4 List a **POW** for the day. POW stands for Plan Outta Wack or People Outta Wack or Purpose Outta Wack. Try to think of something that was a struggle or a concern and list it in your Story Planner.

{ POW words: Painful, unplanned, late, upset, distracted, off-task, fatigued, angry, lost, hopeless, angry, irritated, sad, closed-off, worthless, etc...

Now list a **WOW** for the day! A WOW is a wonderful thing that happened or a simple resolve of a problem. -- a small way you notice that God was present in your day.

{ WOW words: Joy, peace, happy, encouraged, hope, remembered, on task, blessed, surprised, change of heart, positive, experience, connection, forgiveness, love, valued, open, etc...

- 5 Journal a story of the day and how the day went from a POW to a WOW. Try to write down your story in just a few sentences.
- 6 Now, look at the transitions from the POW and the WOW. What did YOU learn today? How do you see God at work in this story? What might He be trying to show you? Record it in the God Message section.
- 7 Give your day a themed name: Try to find a simple way to give your day a title or a story category. For example: Finding Courage, Renewed Hope, Friendship, Marriage, Parenting, Leadership, Ministry, Personal Growth, etc.

Ta -Dah! By doing this every day you are practicing equipping yourself to change the world, *one story at time.*

XOXO,
Tracey

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DAY ONE

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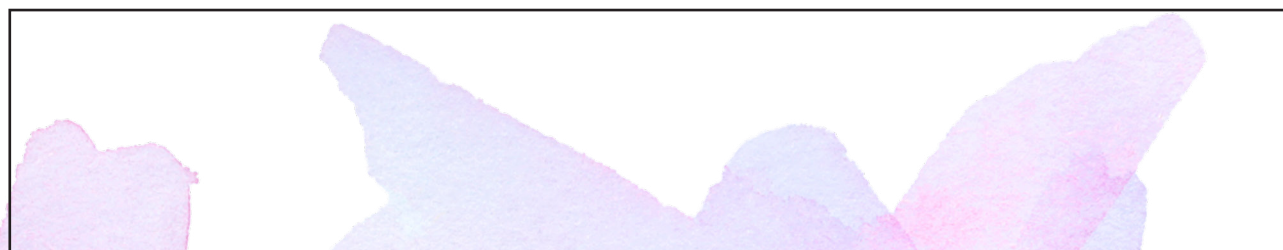
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DAY THREE

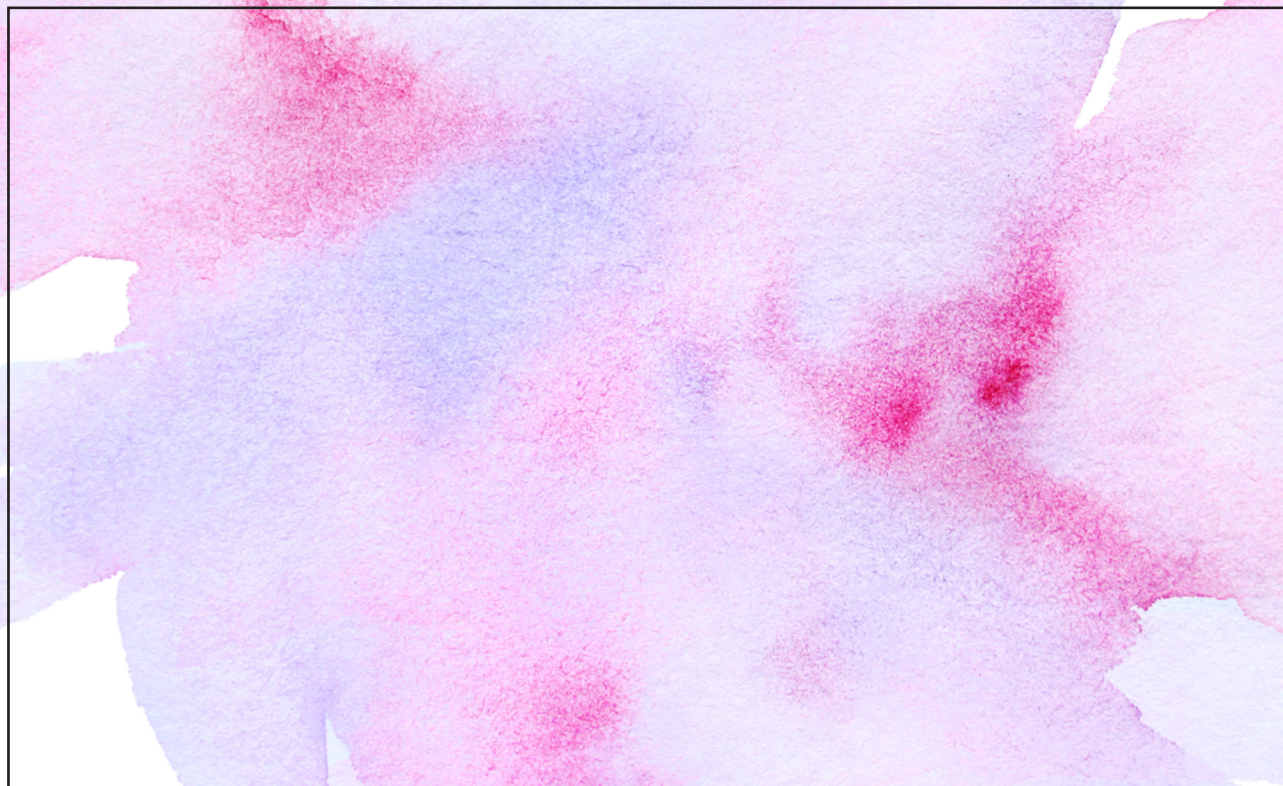
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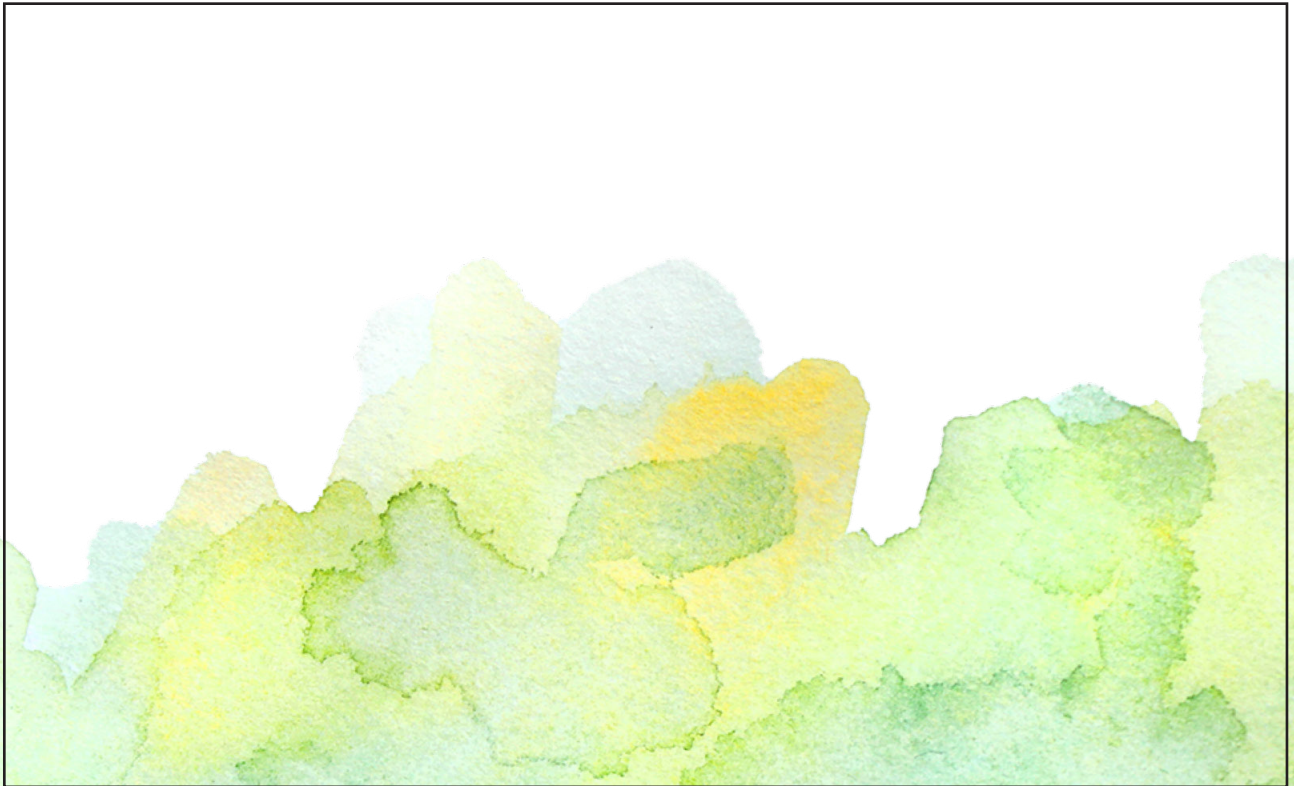
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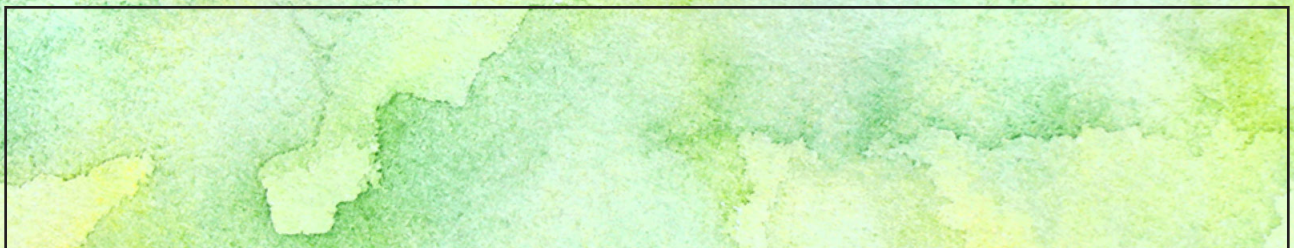
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